WHAT IS CLAIMED:

1. A retractor comprising:

a shaft; and

an inflatable bladder which is eccentric or eccentrically mounted on the shaft.

- 2. A retractor as in claim 1, wherein the inflatable bladder is shaped so that it expands into an eccentric shape when inflated by fluid pressure introduced through the shaft.
- 3. A retractor as in claim 2, wherein the inflatable bladder does not stretch when fully inflated.
- 4. A retractor as in any of claims 1 to 3, wherein the inflatable bladder operates at inflation pressures from 10 mmHg to 1000 mmHg.
- 5. A retractor as in claim 4, wherein the inflatable bladder operates at inflation pressures from 100 mmHg to 1000 mmHg.
- 6. A retractor as in any of claims 1 to 3, wherein the shaft is rigid.
- 7. A retractor as in any of claims 1 to 3, wherein the shaft is flexible.

- 8. A retractor as in any of claims 1 to 3, further comprising a cannula having a passage which receives the shaft to deploy the bladder at a target site in tissue.
- 9. A retractor as in any of claims 1 to 3, further comprising additional inflatable bladders on the shaft.
- 10. A retractor as in claim 9, wherein the additional inflatable bladders are separately inflatable.